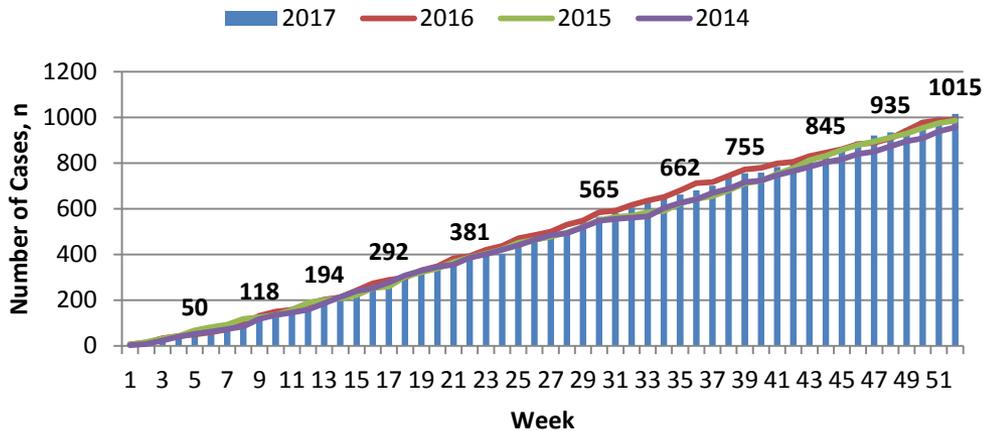


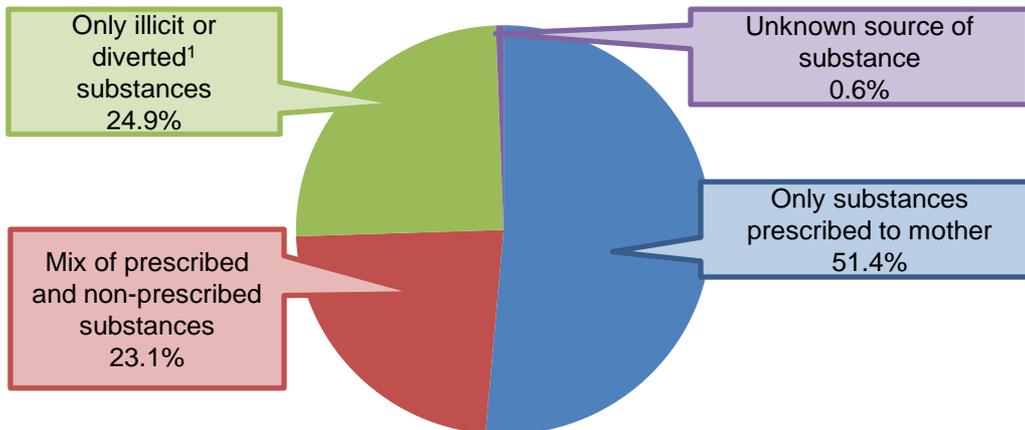
Neonatal Abstinence Syndrome Surveillance

December Update (Data through 12/30/2017)

Cumulative NAS Cases Reported



Maternal Source of Exposure



Quick Facts: NAS in Tennessee

- **1015 cases** of Neonatal Abstinence Syndrome (NAS) have been reported since January 1, 2017
- In the majority of NAS cases (**74.5%**), at least one of the substances causing NAS was **prescribed to the mother by a health care provider**.
- The highest rates of NAS in 2017 have occurred in the Northeast and East Health Regions, and Sullivan County.

NAS Prevention Highlight – On October 26th, 2017, President Trump directed the Department of Health and Human Services to declare the opioid crisis a public health emergency. In response, the Tennessee Department of Health (TDH), through the direction of Rendi Murphree, Centers for Disease Control Career Epidemiology Field Officer assigned to TDH, formed an “Opioid Response Team” comprised of two working groups. The “Prevention Through Education and Partnerships” group was designed to increase and coordinate opioid abuse prevention efforts. The “Data Collection & Regulation and Enforcement” group is designed to ensure the accurate collection and use of data and policy enforcement with regard to opioids. If you have questions about the Opioid Response Team’s work, contact Rendi Murphree, Ph.D. at Rendi.Murphree@tn.gov.

Additional Detail for Maternal Sources of Exposure

Source of Exposure	# Cases ²	% Cases
Medication assisted treatment	703	69.3
Legal prescription of an opioid pain reliever	60	5.9
Legal prescription of a non-opioid	89	8.8
Prescription opioid obtained without a prescription	291	28.7
Non-opioid prescription substance obtained without a prescription	157	15.5
Heroin	50	4.9
Other non-prescription substance	196	19.3
No known exposure	3	0.3
Other	33	3.3

NAS Cases by County/Region

Maternal County of Residence (By Health Department Region)	# Cases	Rate per 1,000 births
Davidson	63	6.3
East	218	27.6
Hamilton	25	5.8
Jackson/Madison	8	6.6
Knox	103	19.6
Mid-Cumberland	100	6.3
North East	163	48.6
Shelby	31	2.3
South Central	63	13.2
South East	30	8.3
Sullivan	78	52.6
Upper Cumberland	101	26.9
West	31	5.2
Unknown	1	--
Total	1015	12.6

NAS Prevention Opportunities

Women of Childbearing Age

- Taking opioids during pregnancy can cause birth defects. Many women taking opioids may not know they are pregnant and may unknowingly expose their unborn child.
- Discuss risks of any medications you are taking with your healthcare provider before you become pregnant.
- If you are not ready to become pregnant, learn more about [effective ways to prevent an unintended pregnancy](#).
- If you need help with recovery from narcotic drug addiction, visit Narcotics Anonymous to [find recovery meetings](#) across Tennessee.

Health Care Providers

- Implement Screening, Brief Intervention, and Referral to Treatment ([SBIRT](#)) in your practice setting.

Everyone

- Get help for substance abuse at 1-800-662-HELP.
- Visit the Department of Health [Lay Naloxone Training Administration Website](#).

Notes

1. "Illicit" means drugs which are illegal or prohibited. "Diverted" means using legal/prescribed drugs for illegal purposes. For example, using a prescription drug purchased from someone else or using a prescription drug that was prescribed for someone else.
2. Multiple maternal substances may be reported; therefore the total number of cases in this table may not match the total number of cases reported.

More information on Neonatal Abstinence Syndrome in Tennessee can be found here: <http://tn.gov/health/topic/nas>

For questions or additional information, contact Dr. Angela Miller at angela.m.miller@tn.gov